



From Hangry to Happy:

Stop mid-morning hunger with a filling breakfast!

Do you start your day with a “healthy” breakfast, only to feel ravenous by 10:30 a.m.?

Many breakfasts check the nutrition box but don’t keep you full for long, leading to “hangry” cravings and frantic GrubHub orders by noon. The secret is to build a breakfast that balances fiber, protein, healthy fats, and enough calories that will carry you all the way through to lunch.

Fiber Is Your Friend. Fiber slows digestion and stabilizes blood sugar, preventing sudden cravings. Incorporate whole grains, seeds, fruits, and veggies into your breakfast. Think oats, chia, flax, whole grain bread, berries, and omelets maxed out with veggies.

Prioritize Protein Rich Foods for Satiety. Protein helps regulate hunger hormones and keep you fuller longer. Aim for 20-30 grams each morning to avoid mid-morning crashes. Great sources include plain greek yogurt, eggs, tofu, protein smoothies, cottage cheese, and nut butters.

Balance Your Macros. A filling breakfast = protein + fiber-rich carbs + healthy fats. Skipping any one of these can leave you hungrier sooner. Pair avocado toast with eggs, oatmeal with nut butter, or quinoa with yogurt and fruit for a balanced start.

Eat Enough. If your breakfast is under 200 calories, you’ll be starving soon after. Aim for 350-500 calories, depending on your activity level.

Hydrate. Try to drink 16-20 oz of water or another unsweetened beverage between breakfast and lunch to curb dehydration-driven hunger. Oftentimes you may think you are hungry, but you’re actually thirsty.

Skip the Sugar Traps. It’s tempting to grab a quick breakfast like sugary cereal, donuts, or ultra-processed snack bars, but these “fast fixes”

often leave you hungrier an hour later (or sooner!). Most are packed with refined carbs, added simple sugars, little fiber, and lots of additives, leading to energy crashes and mid-morning cravings.

Instead, choose whole, minimally processed options whenever possible:

- Swap sugary cereal for high-fiber muesli
- Trade pastries for homemade muffins with fruit and flax
- Replace flavored instant oatmeal packets with plain oats and greek yogurt topped with berries and nuts
- Ditch sugary “protein” bars for whole grain toast with nut butter and 100% fruit spread

Small swaps like these help stabilize blood sugar, improve energy, and keep you satisfied until lunch.

Quick, Easy, and Filling Breakfast Ideas

Keep your mornings simple and satisfying with these make-ahead or grab-and-go options:

- Hard-boiled eggs (prep for the week!)
- Premade yogurt parfaits with fruit, oats, and chia seeds
- Egg muffins with veggies, make ahead, freeze, and reheat (see recipe below)
- Microwave scrambled eggs in under 2 minutes
- Pre-made pancake or waffle mix (add flax and protein powder for extra oomph)
- High-fiber muffins with fruit
- Oatmeal -make it sweet or savory
- Whole grain toast topped with avocado, nut butter, or eggs
- Smoothies prepped the night before -add oats makes them extra filling!
- Tofu scramble with your favorite veggies and spices

A balanced, satisfying breakfast doesn’t just fuel your body, it sets the tone for the entire day. Focus on fiber, healthy fats, protein-rich foods, hydration and whole foods to stay energized and avoid the mid-morning slump!

Make-Ahead Veggie Egg Muffins



These veggie egg muffins are quick, customizable, and satisfying- they'll keep you full and energized all morning long!

Ingredients:

- 10 large eggs
- ½ cup milk (dairy or unsweetened almond milk)
- 1 cup baby spinach, chopped
- ½ cup red bell pepper, diced
- ½ cup zucchini, diced
- ¼ cup red onion, finely chopped
- ½ cup shredded cheese (cheddar, mozzarella, optional)
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- Nonstick cooking spray or olive oil

Instructions:

1. Preheat oven to 350°F. Lightly grease a 12-cup muffin tin.
2. In a large bowl, whisk together eggs, milk, salt, pepper, and garlic powder until smooth.
3. Stir in spinach, bell pepper, zucchini, onion, and shredded cheese.
4. Divide the mixture evenly among the 12 muffin cups, filling about $\frac{3}{4}$ full.
5. Bake for 16–20 minutes until the tops are set and slightly golden.
6. Let cool completely and store in an airtight container for up to 5 days in the refrigerator or in the freezer for up to 2 months.
7. Microwave from frozen for 45–60. Serve with a piece of whole-grain toast to balance your macros!

Tips to make it your own:

- Add cooked turkey sausage, diced ham, or crumbled tofu.
- Use feta, sun-dried tomatoes, or fresh herbs like basil and chives.
- Make it Dairy free and Skip the cheese!
- Make it vegan: substitute 2 blocks of soft tofu for the eggs. Blend in a food processor or blender with the spices, transfer to a bowl, stir in the veggies, and follow the rest of the recipe.